

Peace, Love & Cultural Understanding

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Purpose/Objectives

- Understand the role that culture plays in Nutrition assessment.
- Identify language and cultural differences that could act as barriers to providing respectful and effective nutrition care.
- Improve communication with families with different language and cultural backgrounds
- Enable Clinicians to provide culturally-relevant nutrition intervention and goals.



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Disclosure: No conflicts of interest were identified by the planning committee, faculty, authors and reviewers for this program.

If you miss more than 10 minutes of this presentation, we will not be able to award RD continuing education credit.

This program has been approved for 1.0 continuing education clock hours for Kansas licensed Registered Dietitians by the KDHE, Kansas Sponsorship LTS#D1273.



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- Paco Martinez
- Hamdia Ulusow
- Other CMH interpreters
- Families in the PCC



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WHY

Not everyone grew up learning MyPlate

- Three square meals per day
- Drink plenty of water
- Drink cow's milk
- Eat fresh fruits and vegetables

It will make us better Dietitians and Clinicians

- Better relationship with our patients and families
- Better health outcomes



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What if you were told...?

1

Eat one main meal a day, at 2pm, with your whole family, and it should be all home-cooked.

2

Stop drinking water because it is not healthy.

3


Incorporate horse meat and insects into your diet for stronger bones and better heart health.

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Different Perspectives


All knowledge of cultural reality, as may be seen, is always knowledge from particular points of view.

– Max Weber




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Mexican Eating Habits

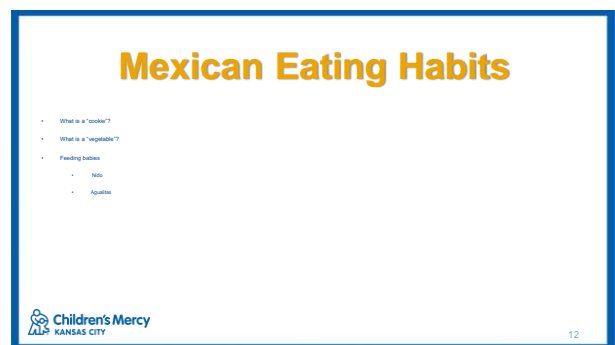


4 meals

Traditional candy, snacks & junk food



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**What is a "cookie"?
& a "vegetable"?**



GALLETITAS

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Nido v. Baby Formula




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What the Interpreter would like you to know

- Meals are important to create identity and social and family identity.
- "Diet"
- Fast food is luxury
- Food as medicine



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Somali Eating Habits

- Breakfast ~ 11pm
- Lunch ~ 3-5pm (biggest meal)
- Tea time in the evening, "special snack", usually milk + tea with biscuits, coffee cake, or sweet bread (homemade)
- Lots of snacks with children having unlimited access
- Foundation of meal: starch and meat



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Vegetables



- Typically cooked in foods, not served separate.
- Lettuce salad with lemon juice and oil typically served with a meal



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Somali Eating Habits



- Traditionally drink fruity, sugary beverages with ice during the day (Tang, Koolaid, Lemonade, Sprite or Ginger ale)
- Breastfeed for 2 years or until child bites
- Infants traditionally get water. Start foods ~ 4 months
- Mom cooks 3 meals/day, even if she works

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Somali Eating Habits



- Fast food is a celebration
- Families adopt junk food habit in addition to keeping cultural foods
- Muslims do not eat pork – “allergy”, read labels for this



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What the Somali Interpreter would like you to know

- “Grits” – specify made with milk or served with stew
- “Exercise” sounds like punishment
- Help families understand weight, size, and health
- Teenagers may follow Ramadan. Kids do not, but the are likely eating more at night.
- Always use vitamins in Somalia.
- Some families think Periacin is a vitamin.
- Loud voices do not indicate aggression
- “Pancake” – specify which kind



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Tips on Working with Interpreters

- When possible, discuss ahead
- Clarify the client's primary language
- Clarify terms or words
 - Diet
 - Water, "little waters", fresh water
 - Pancakes
 - Exercise
 - Milk
- Debrief, when possible



ANY
QUESTIONS?
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Thank you for your participation!